



The New Wildcrafted Cuisine

Exploring the Exotic Gastronomy of Local Terroir

With detailed recipes for ferments, infusions, spices, and other preparations



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Exploring the Exotic Gastronomy of Local Terroir

Pascal Baudar

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“An extraordinary book by a self-described ‘culinary alchemist’, sure to inspire both chefs and adventurous eaters with a new universe of ingredients from the natural landscape.”

Incorporating wild and foraged foods into our meals is becoming increasingly popular, but *The New Wildcrafted Cuisine* takes this practice to an entirely new, palate-bending level and in the process redefines terroir as we’ve come to know it.

Author Pascal Baudar, a professional forager and wild foods instructor, combines his research and in-depth knowledge of plants and landscapes (something that chefs often lack) with the fascinating and innovative techniques of a master food preserver and self-described “culinary alchemist.”

For instance, Baudar uses various barks to make smoked vinegars, and combines ants, plants, and insect sugar to brew primitive beers. Stems of aromatic plants are repurposed as skewers for grilling. Carefully selected rocks become grinding stones, griddles, or rustic plates. Even fallen leaves and other natural materials from the forest floor can be utilized to impart a truly local flavor to meats and vegetables, capturing and expressing the essence of season and place.

This beautifully photographed book offers dozens of creative, seasonal recipes and instructions for preparing a variety of preserved foods, including: Pickled Acorns, White Sage-Lime Cider, Wild Kimchi Spice, Wild Mustards, Currant Capers, Infused Salts with Wild Herbs, Pine Needles Vinegar, and many more.

Though Baudar lives in southern California, readers everywhere can apply his deep foraging wisdom and experience to explore their own bioregions and find an astonishing array of plants and other materials that can be used in their own kitchens.

The New Wildcrafted Cuisine is an extraordinary book by a passionate and committed student of nature and is sure to inspire both chefs and adventurous eaters to get creative with their own local landscapes.



Pascal Baudar is a professional forager, wild food instructor, and a self-styled “culinary alchemist” based in Los Angeles. His locally sourced wild ingredients and unique preserves have made their way into the kitchens of such star chefs as Ludo Lefebvre, Josiah Citrin, Ari Taymor, Michael Voltaggio, and Chris Jacobson. He has served as a wild food consultant for several TV shows including *MasterChef* and *Top Chef Duels*. He has been featured in numerous TV shows and publications, including *Time* magazine, the *Los Angeles Times*, *L.A. Weekly*, and the *New York Times*. In 2014, he was named one of the 25 most influential tastemakers in L.A. by *Los Angeles Magazine*.

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